INTERNATIONAL JOURNAL ON ORANGE TECHNOLOGY

https://journals.researchparks.org/index.php/IJOT e-ISSN: 2615-8140 | p-ISSN: 2615-7071

Volume: 4 Issue: 6 |Jun 2022

Optimization of Football Workers 'Training

F. S. Fazliddinov

Associate Professor, Bukhara State University Pedagogical Institute, Faculty of Pedagogical Education Theory and methodology of physical culture

---***---

Annotation: The article discusses the dynamics of the impact of traditional and optimized technical training loads on specific movement qualities in young players.

Keywords: football, sports, education, movement, game. training process, special endurance, physical development, cycle, special physical training, physical loads.

Football is the most developed and popular sport in the world. The results of sports competitions not only affect the mood of the people, but also directly affect the work of people, affect the status of nations and states.

Bringing up a harmoniously developed generation in Uzbekistan, talented young people in sports

active involvement, creating the necessary conditions for further support and development of our national football, selection of young players and ensuring their deep development of professional skills and abilities, as well as the country's football clubs and national teams In order to form a reliable reserve for the communities, a number of Decrees and Resolutions of the President of the Republic of Uzbekistan and the Cabinet of Ministers of the Republic of Uzbekistan were adopted.

Taking into account the periodicity of sports training, it should be noted that according to the state standard of sports training in football, 10 years is not enough age to be admitted to the training stage (sports specialization stage). This stage is done after the initial preparation phase.

According to the state standard, the program of sports training at the training stage should provide:

- general and special physical, technical, tactical and psychological training
- increase the level;
- gaining experience in official football competitions and
- achieving sustainability;
- formation of sports motivation;
- Strengthening the health of athletes.

When an athlete achieves the highest results in sports, he demonstrates his physical, psychological, spiritual and moral qualities to the fullest. To do this, the athlete must use all his strength. The process of sports training is built taking into account age, level of development of physical qualities, sports requirements.

Sports training of players is a long-term specially organized pedagogical process associated with the use of all the necessary tools, methods, conditions and aimed at achieving high sportsmanship. The goals and objectives of sports training are addressed in the process of education, training and training.

The purpose of training players is to train highly qualified athletes who meet the modern requirements of world football and are able to achieve high sports results. Based on the purpose of training, the following main tasks are solved in the process of education and upbringing:

- fostering high moral and volitional qualities;
- health promotion, comprehensive physical development;
- Achieving a high level of basic physical qualities and perfect mastery of game techniques and tactics;
- Achieve a high level of individual and team training and skills to implement them in the competition;
- achieving high general and specific work skills and maintaining them for a long time;
- Acquired in-depth theoretical knowledge and practical skills in teaching methods, planning, supervision, restoration, arbitration, organization of competitions, etc.

The principle of demonstration is based on the natural form of the action being studied. However, it is not always possible to display the required parameters over and over again, with emphasis on important details. The best methodological acceptance of the show is that it combines natural performances with the analysis of photographs and cinematographs, film and video materials. The principle of individualization of teaching and learning by dividing the movement into parts requires that the material studied, the means and methods of its development, the forms of organization of training correspond to the age characteristics of the trainees, their capabilities and level of training.

The size and direction of the workload should be appropriate to the specific tasks, the level of development of special qualities, and the objective conditions of the training. It is important to keep in mind that overload reduces interest in training, which has a negative impact on physical fitness and, ultimately, sports performance. However, the principle of individualization of teaching and learning with the division of movement into parts does not exclude the need to perform exercises that require maximum physical and willpower and cause significant fatigue. The principle of gradual increase in demand provides for the gradual formation and solution of complex tasks, increasing the volume and intensity of relevant loads. Expansion of existing training facilities, implementation of more complex new tasks will help to develop and improve the necessary technical and tactical actions.

The process of sports training, especially with young athletes, should be designed taking into account the level of development of physical qualities. One of the main tasks of this stage is to increase the level of technical and tactical training. The age period of 10–12 years represents the second childhood. This is a period of preparation, and there will be no drastic changes in development. Given the developmental characteristics of physical qualities, it should be noted that their development is uneven and heterochronous. Different qualities develop at different times. At the age of 10-12 years, accuracy, speed and sensitivity, as well as special agility in teaching techniques, operative thinking speed, attention span and distribution develop rapidly. Slow growth rates are reflected in strength, endurance, and kinesthetic sensitivity. The planning of the training process of young players is divided into theoretical, general physical, special physical, technical, tactical and integrated training. Sports training of players is a multi-year specially organized pedagogical process, which involves the use of all the necessary tools, methods, conditions and achieves high sportsmanship.

Adabiyotlar:

1. Abidov Sh.U. Yosh futbolchilarnining o‘quv-mashg‘ulot jarayonini tashkil qilish va rejalashtirish. Toshkent.2011.
2. Averin, V. A. Psixologiya detey i podrostkov /. – M.: Izdatelstvo Mixaylova V. A., 2012. – 379 s.

3. Akramov J.A Abidov Sh.U. Yosh futbolchilarning musobaqa faoliyatning xususiyatlari. G‘G‘ Fan-sporga №1 -2007 y.
4. Godik, M. A. Kontrol trenirovochnых i sorevnovatelnых nagruzok / M. A. Godik. – M. : Fizkultura i sport, 2013. – 136 s.
5. Zulxaydarov J.A. “Yuqori malakali futbolchilarni maxsus chidamligini
6. rivojlantirish”. Jurnal «Internauka». № 23 (199), 55-56. 2021 g.
7. Ф.С. Фазлиддинов ВИДЫ СОРЕВНОВАТЕЛЬНЫХ НАГРУЗОК В ФУТБОЛЕ- Web of Scientist: International Scientific Research…, 2022
8. FS Fazliddinov PSYCHOLOGICAL TRAINING OF ATHLETES- E-Conference Globe, 2021
9. Ф. Ф. Савриевич ОСНОВА ФИЗИЧЕСКОГО ВОСПИТАНИЯ ШКОЛЬНИКОВ-ФИЗИЧЕСКИЕ ЗНАНИЯ- Web of Scientist: Международные научные исследования…, 2021
10. Ф.С. Фазлиддинов ОСОБЕННОСТИ МОЛОДЕЖНОЙ ПОЛИТИКИ В РЕСПУБЛИКЕ УЗБЕКИСТАН- Научный редактор, 2021
11. Ф.С. Фазлиддинов “Принцип регулярности в физическом воспитании и его значение” ВЕСТНИК МАГИСТРАТУРЫ Научный журнал 2020
12. Abduyeva S. SYSTEM APPROACH IN THE FORMATION OF THE PHYSICAL CULTURE OF THE PERSONALITY //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2021. – Т. 8. – №. 8.
13. Abduyeva S. СПЕЦИФИКА ДИСТАНЦИОННОГО ОБУЧЕНИЯ В ВЫСШЕМ ОБРАЗОВАНИИ //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2021. – Т. 7. – №. 7.
14. Abduyeva S. Jismoniy madaniyat sohasida innovatsion metodlarni qo’llashning psixologik jihatlari //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2021. – Т. 3. – №. 3.
15. Abduyeva S. Xotin-qizlarning milliy madaniyati va hozirgi davr jismoniy tarbiya va sportning tasiri //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2021. – Т. 3. – №. 3.
16. Abduyeva S. Jismoniy madaniyatning ijtimoiy funksiyasi //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2021. – Т. 8. – №. 8.
17. Abduyeva S. THE PSYCHOLOGICAL SIGNIFICANCE OF HIGHLY QUALIFIED 19-21-YEAR-OLD HANDBALL PLAYERS BETWEEN PERIODS IN THE TRAINING PROCES //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2021. – Т. 8. – №. 8.
18. Abduyeva S. AGE-SPECIFIC DYNAMICS OF ATTACK AND DEFENSE RESPONSE SPEED IN HANDBALL PLAYERS //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2021. – Т. 7. – №. 7.
19. Abduyeva S. CHARACTERISTICS OF HEALTH STRENGTHENING //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2021. – Т. 8. – №. 8. 19.Abduyeva S. SYSTEM APPROACH IN THE FORMATION OF THE PHYSICAL CULTURE OF THE PERSONALITY //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2021. – Т. 8. – №. 8.
20. Abduyeva S. Psychological aspects of training young handball players //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2021. – Т. 8. – №. 8.